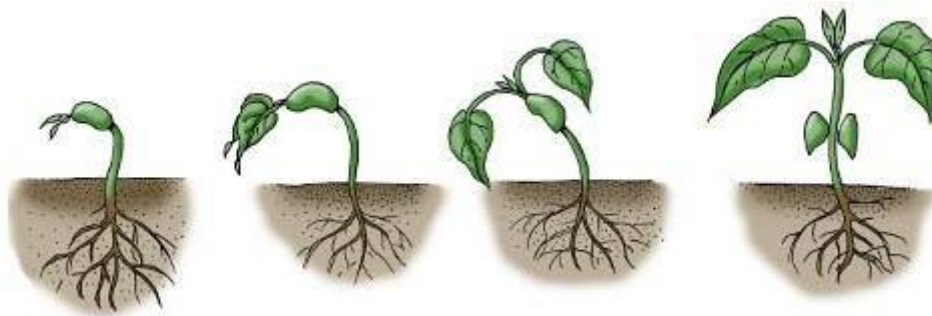


HEALTHY EATING ACTIVITY

SEEDED PLAYDOUGH SENSORY PLAY

Activity:

- Providing each child with some homemade play dough (see recipe) and a handful of seeds (use a variety of types) the children can knead the seeds into the dough and experience the different textures the seeds have.
- Each child begins by forming a nest or bowl out their playdough and pouring some seeds into the centre.
- Once they have added the seeds to the playdough, the children can begin to knead the seeds into the dough and play with it any way that they wish.
- By providing a variety of seeds, the children can rotate and experience the textures that other seeds have in the dough – generating discussion and questions.
- Highlight that seeds come in all shapes, sizes, colours and textures, and different seeds produce different plants, including many of our favourite foods.
- Discuss how plants grow with the children, from a seed to a sprout, to a plant which produces food for us to eat.





Playdough Recipe:

- 1 cup of salt
- 2 cups of flour
- 2 tablespoons of Cream of Tartar
- 1 1/2 Cups of boiling water
- 2 tablespoons of oil
- Food colour (optional)

Mix all the ingredients together in a bowl and stir together – then knead the dough until it looks and feels like playdough.

Children will learn:

- Learn to communicate and interact with others
- Enhance fine motor skills
- Describe texture, and compare and contrast different types of seeds
- That different seeds produce different plants, including many of our foods
- The plant life cycle

Books about seeds and plant lifecycles for children:

The Magic School Bus Plants Seeds by Joanna Cole

Oh Say Can You Say Seed? by Bonnie Worth

Once There Was a Seed by Judith Anderson and Mike Gordon

Johnny Appleseed by Reeve Lindbergh

Anno's Magic Seeds by Mitsumasa Anno

A Seed is Sleepy by Dianna Hutts Aston

The Tiny Seed by Eric Carle

Jack's Garden by Henry Cole

Planting a Rainbow by Lois Ehlert

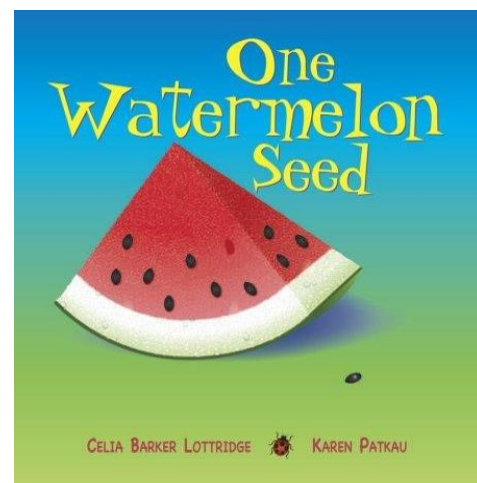
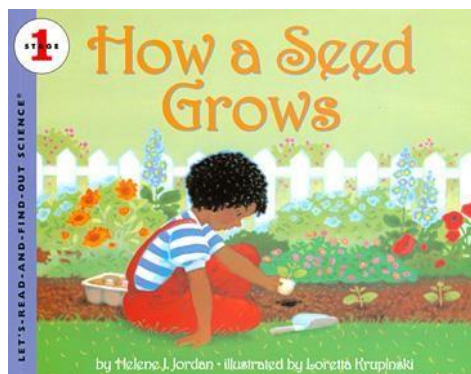
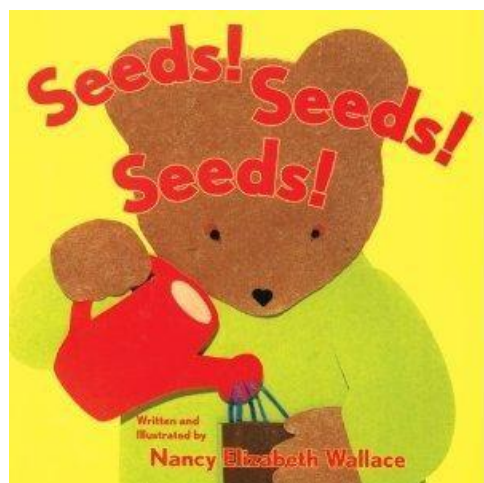
How a Seed Grows by Helene Jordan

From Seed to Plant by Gail Gibbons

The Carrot Seed by Ruth Krauss

One Watermelon Seed by Celia Barker Lottridge

Seeds! Seeds! Seeds! By Nancy Elizabeth Wallace



ACECQA Quality Standards and Early Years Learning Framework (EYLF):

This activity includes the following:

ACECQA Quality Area	ACECQA Standards
Quality Area 1 – Educational Program and Practice	Standard 1.2 – Educators facilitate and extend each child’s learning and development
Quality Area 2 – Children’s Health and Safety	Standard 2.1 – Each child’s health and physical activity is supported and promoted
Quality Area 3 – Physical environment	Standard 3.2 – The service environment is inclusive, promotes competence and supports exploration and play-based learning
Early Years Learning Framework (EYLF)	
Outcome 1: Children have a strong sense of identity	Children develop their emerging autonomy, inter-dependence, resilience and agency
Outcome 4: Children are confident and involved learners	Children develop a growth mindset and learning dispositions such as curiosity, cooperation, confidence, creativity, commitment, enthusiasm, persistence, imagination and reflexivity
Outcome 5: Children are effective communicators	Children interact verbally and non-verbally with others for a range of purposes